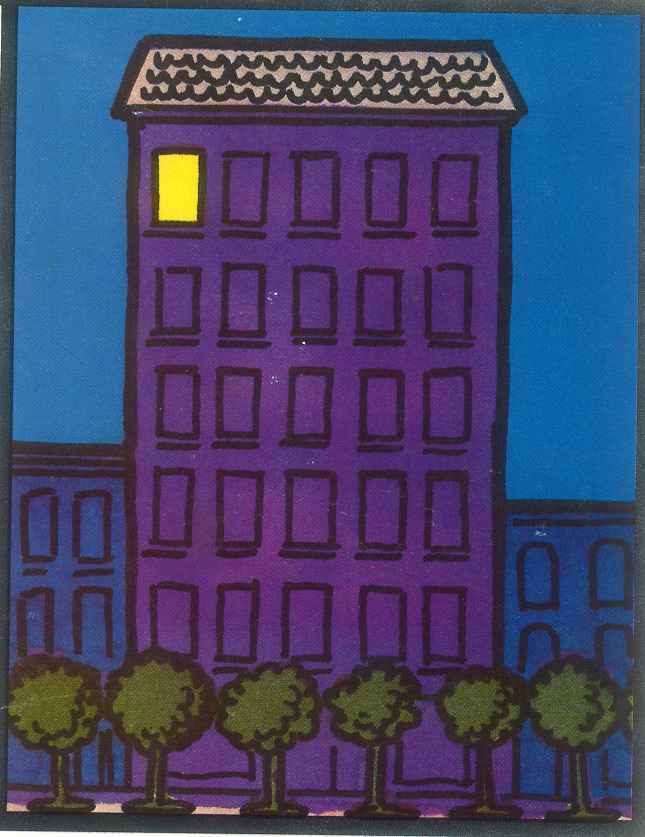


**BACHELOR
MEALS**

OR

**The
Singles Only
Cook Book**



Morning...

Noon...

Night...



“A Bachelor Always Knows Where His Next Meal Is Coming From ...The Corner Delicatessen.”

(It doesn't have to be that way, you know.)

Now is the time to toss off your chains—throw away your old cartons of potato salad—put TV dinners in their place (which is about once a week when you're tired of cooking). The recipes in this booklet are designed to show that you can eat elegantly and well without spending a year in training at the Cordon Bleu. Each one comes equipped with a menu and suggestions for wine, thereby eliminating, we hope, those agonizing moments spent wondering what in the world to serve with a new and unusual dish.

You may also discover that by eating several well-balanced meals a week and foregoing your regular patronage of the local truck stop you can throw away your vitamin pills and jog an extra mile a day.

The booklet is divided into sections dealing with “Morning,” “Noon,” and “Night” meals, but don't let this inhibit you. If you happen to find a brunch menu that sounds just right for a midnight supper give it a try. The main thing is to experiment, be creative and, for heaven sake, turn the lights down low!

Contents



WAFFLEWICH	3
CONFETTI EGGS	3
ORANGE JUICE NOG	4
SANGRITA	4
MUSHROOM EGGS ON TOAST	5
EGGS IN THEIR CUPS	5
SCOTTY'S BLOODY FIZZES	6
CRABBY MORNING MUFFINS	6

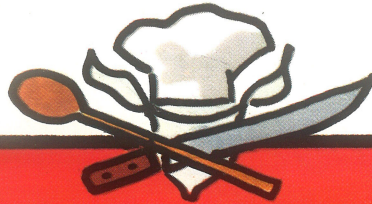
ARTICHOKE HEART SALAD	7
LEMON RICE SALAD	7
INSTANT ANTIPASTO	8
AVOCADO BISQUE	8
SKINNY DEVEILED EGG	9
GAZPACHO	9
DEVEILED DRUMSTICKS	10
HALFTIME HOT DOGS	10

SEDUCTIVE SHRIMP & CRAB	11
SPINACH SALAD	11
SECOND DAY SOUP	12
CHEESE POPOVERS	12
CHILI CON CARNE	13
RICE-ZUCCHINI CASSEROLE	13
SPINACH PUDDING	14
STRAPPING SOUP	14
BLACK TIE HAMBURGERS	15
EXECUTIVE BEANS	15
SALAMI TRIANGLES	16
ARTICHOKE CAKES	16
STUFFED EGGS WITH DEVEILED CRAB	16
BARBEQUE BITES	17
CORNY BEEF CANAPES	17
CHEESE COOKIES	17
WELSH RABBIT	18
CHICKEN LIVER SAUTÉ	18
QUITE A QUICHE	19
VEAL SCALLOPINI	19
STEAK TARTAR	20
SPAGHETTI WITH FOIE GRAS SAUCE	20

Morning...

Noon...

Night...



This Booklet Is The Property Of Bachelor Chef:



Optimistic Breakfasts

good openers for Monday mornings, when things couldn't possibly get worse . . . or any morning you need a fast and total recovery.

WAFFLEWICH

- 2 tablespoons butter
- 3 drops Tabasco pepper sauce
- 2 thin slices white bread
- 1 slice Swiss cheese
- 2 rounds Canadian bacon, cooked

Mix butter with the Tabasco sauce and spread on both sides of the bread slices. Make a sandwich with the cheese and Canadian bacon and cook in a waffle iron at medium heat for about 1 minute, or until golden brown. Serves 1. This is a quick and easy way to fill yourself full of protein and good intentions and still swing aboard the 8:10 with time to spare.

CONFETTI EGGS

- 1 tablespoon butter
- $\frac{1}{4}$ cup ham, diced
- 1 green onion, chopped (include some of the green tops)
- $\frac{1}{4}$ green pepper, chopped
- 2 eggs
- $\frac{1}{8}$ teaspoon Tabasco pepper sauce
- Salt

Melt butter in a frying pan over med.-high heat and sauté the ham, onion and pepper until slightly browned (keep a jar of diced ham, pepper and onions in the refrigerator). Lower heat. Beat the eggs with Tabasco and salt and pour into the pan. Stir gently until done to your taste. Serves 1.

*The steak, to celebrate raises or train for the Olympics.

Menu

SLICED BANANAS IN CREAM
WAFFLEWICH
COFFEE

•
STEWED PRUNES WITH SHERRY
CONFETTI EGGS
SMALL BREAKFAST STEAK*
BROWN BREAD WITH CREAM
CHEESE OR SWEET BUTTER
COFFEE

Morning... 



Malingering Breakfasts

hypochondriacs' delights. When your nose is red and it's raining on your parade, fix yourself a tray and trundle back to bed with a fresh box of Kleenex and that mystery you've been meaning to finish. A pleasant way to outflank winter's inevitable malaise.

Menu

ORANGE JUICE NOG

HOT CEREAL WITH BANANAS,
BROWN SUGAR AND
VANILLA ICE CREAM*

HOT SPICED TEA

SANGRITA

SOMETHING SWEET AND SELF-
INDULGENT FROM THE BAKERY

HOT CHOCOLATE



ORANGE JUICE NOG

- 1 or 2 eggs
- $\frac{3}{4}$ cup orange juice
- Dash lemon juice
- Crushed ice

Whirl all the ingredients in a blender until smooth. Just what the doctor ordered.

*Perhaps hot cereal with ice cream sounds bizarre, but when your taste buds are nearly comatose you need something unusual to pique their interest. There's no need to feel even remotely embarrassed—no one is going to see you eating it and if someone should barge in unannounced, you can always feign a fever-induced delirium.

SANGRITA

- 1 cup tomato juice
- $\frac{3}{4}$ cup orange juice
- $\frac{3}{4}$ cup lemon juice
- $\frac{1}{8}$ teaspoon Tabasco pepper sauce

Whirl together in a blender and gulp down some of that good Vitamin C. This is also a marvelous drink mix for cocktails if you add a jigger of tequila to each glass. Served that way it would probably cure anything short of Bubonic Plague.



Stalwart Breakfasts

full-bodied fortifiers for days when business meetings are scheduled non-stop through lunchtime. Looking lean and hungry won't help your growing image of success.

MUSHROOM EGGS ON TOAST

- $\frac{1}{4}$ pound mushrooms, sliced
- 3 tablespoons butter
- 1 slice hot buttered toast
- 1 tablespoon flour
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup grated Parmesan cheese
- $\frac{1}{8}$ teaspoon Tabasco pepper sauce
- 1 egg, poached to your liking

Sauté mushrooms in 2 tablespoons butter for 5 minutes. Place toast on an ovenproof plate and cover with the mushrooms. Melt another tablespoon of butter, blend in flour and cook 3 minutes. Add milk and simmer until the sauce begins to thicken, stirring constantly. Stir in $\frac{1}{8}$ cup of cheese, the Tabasco and some salt. Put an egg on the toast and cover with sauce. Sprinkle with cheese and broil until golden. Serves 1.

EGGS IN THEIR CUPS

- 1 $7\frac{1}{2}$ -ounce can corned beef hash
- 1 tablespoon Worcestershire
- $\frac{1}{8}$ teaspoon Tabasco pepper sauce
- Butter
- 2 eggs
- 2 teaspoons cream

Mix the hash with Worcestershire and Tabasco. Grease the bottom of 2 custard cups with butter and fill with hash, making a hollow in the middle. Crack an egg into each cup and pour a teaspoon of cream on top. Bake at 375° for 10 minutes; cover with foil and bake 10 minutes more or until they meet your approval. The caps prevent the eggs from becoming tough and surly even if you like them well done.

Menu

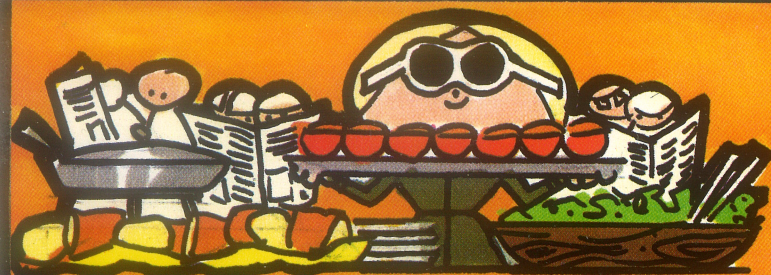
CRANBERRY AND APPLE JUICE
MUSHROOM EGGS ON TOAST
BACON
COFFEE

•
HALF GRAPEFRUIT WITH HONEY
EGGS IN THEIR CUPS
TOASTED ENGLISH MUFFIN
COFFEE



Morning...





Elaborate Breakfasts

"brunches," if you will, that double as breakfast and lunch. Bachelors with lined draperies are the only people who can really sleep late on weekends. Increase recipe quantities according to the number of people scattered behind your Sunday newspaper. Breakfast may include a dramatic reading from "Peanuts."

Menu

SCOTTY'S BLOODY FIZZES

MUSHROOM EGGS ON TOAST (P. 5)

SAUSAGES

HOT CORN MUFFINS*

COFFEE

•
STRAWBERRIES WITH SOUR
CREAM & BROWN SUGAR*

CRABBY MORNING MUFFINS

BROILED TOMATOES

CHAMPAGNE

COFFEE

SCOTTY'S BLOODY FIZZES

Somewhere between a Bloody Mary
and a Fizz lies perfection . . .

- 1 cup tomato juice
- $\frac{1}{2}$ cup vodka
- $\frac{1}{3}$ cup lemon juice
- 1 egg white
- $\frac{1}{2}$ teaspoon salt
- 2 fresh celery leaves
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- 1 cup cracked ice

Whirl in a blender at high speed for a full minute. Pour into 6-ounce glasses. Serves 4.

*The corn muffins come from a package mix or, more likely, from your friendly neighborhood baker.

CRABBY MORNING MUFFINS

- 1 package cream cheese
- 1 tablespoon milk
- 2 teaspoons lemon juice
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- 2 green onions, finely chopped
- 1 $7\frac{1}{2}$ -oz. can crab meat
- Toasted English Muffins

Beat together cream cheese, milk, lemon juice and Tabasco. Add green onion and crab and stir together. Spread on the toasted muffins and broil until top browns slightly. Enough for 6 open-faced sandwiches, but keeps well in a covered jar in the refrigerator if you don't need it all.

*Strawberries need only a brief bath before being presented. Leave the stems on for dipping fruit into the sour cream and the brown sugar.



Undisturbed Lunches

romantic fare for two, to take to your uninhabited, uninhibited picnic spot: the beach in wintertime . . . a shaded, fern-edged rivulet in summer . . . a Vaughn Monroe rock festival.

ARTICHOKE HEART SALAD

- 1 jar marinated artichoke hearts
- 1 can water chestnuts, sliced paper thin
- 8 large mushroom caps, sliced
- 6 green onions, chopped
- 1 tablespoon olive oil
- 1 tablespoon wine vinegar
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon Tabasco pepper sauce

Drain the artichoke hearts and return the marinade to the jar. Add the water chestnuts, mushrooms and onions to the artichokes. Add the remaining ingredients to the marinade. Shake well and pour over the salad. Serves 2. This considerate salad keeps well in the refrigerator for several days and so can be made well ahead of time.

LEMON RICE SALAD

- 2 cups cooked white rice
- 1 tablespoon olive oil
- Juice from 1 lemon
- 1 teaspoon chopped chives
- 1 teaspoon minced parsley
- 1 teaspoon dill

Combine all of the ingredients and chill until you're ready to get out your picnic hamper. Serves 4. A romantic picnic shouldn't be spoiled by any lapse in preparation, so be sure to bring: a corkscrew, can and bottle opener, bread board, knife, extra napkins, paper towels, a large paper bag for cleaning up, a mosquito controllable (just in case), and a packet of those handy pre-moistened towels.

Menu

ARTICHOKE HEART SALAD

CRACKED CRAB OR
COLD LOBSTER
FRENCH BREAD

PLUMS, CAMEMBERT & WALNUTS
CHABLIS

WHOLE ROTISSERIED CHICKEN

LEMON RICE SALAD
COLD ASPARAGUS SPEARS WITH
CURRY MAYONNAISE
BLACK BREAD & BUTTER
FRESH PINEAPPLE
BEAUJOLAIS



... Noon... .. 7



Undetected Lunches

Taking your lunch to work saves time, money and leftovers. Should anyone question the brown bag under your arm, explain it in vague terms with a slightly professional ring: "My stock portfolio . . . time for a thorough review." Or think up a cleverer disguise.

Menu

INSTANT ANTIPASTO

ITALIAN BREAD STICKS
GRAPES
DATE NUT BREAD WITH
CREAM CHEESE
AMONTILLADO

AVOCADO BISQUE

FRESH SHRIMP WITH HOT SAUCE*
FRENCH BREAD & BUTTER
LIQUEUR CHOCOLATES
CALIFORNIA BARBERA

INSTANT ANTIPASTO

- 1 small can tuna
- Mayonnaise
- 1 hard-cooked egg, chopped
- Lemon juice
- ¼ teaspoon Tabasco pepper sauce
- Salt
- 4 slices Italian salami
- 4 chunks Bel Paese cheese

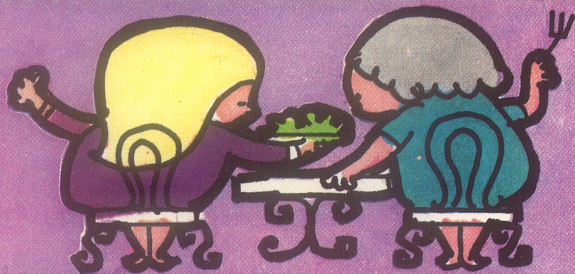
Mix the tuna with enough mayonnaise to moisten it. Add the chopped egg, lemon juice, Tabasco and salt. Spread the salami with the mixture and place a chunk of Bel Paese in the center, roll up and fasten with a toothpick.

AVOCADO BISQUE

- 1 10½-ounce can condensed cream of chicken soup
- 1½ soup cans of rich milk
- 1 tablespoon instant minced onion
- ⅛ teaspoon Tabasco pepper sauce
- 1 teaspoon water
- 1 tablespoon lemon juice
- 2 medium avocados
- Salt

Whirl all the ingredients in your blender until avocados are pureed and everything is creamy and well mixed. Heat in a pan, but do not boil. Makes 1 quart. Rinse Thermos with hot water before pouring in the soup. What you don't use can be refrigerated and reheated.

*Pack shrimp in small plastic bags. A couple of drops of Tabasco and a squirt of lemon juice will give a bottled cocktail sauce a bit more bite and authority.



Unstarched Lunches

breadless lunches, light and cool . . . and all but impossible to order out. A little harder to sneak to your desk; but, for the serious dieter, as worthwhile as elevator isometrics.

SKINNY DEVILED EGG

To the yolks of hard-cooked eggs add enough mustard and skim milk to moisten, and a touch of Tabasco. Refill the eggs and top each with a caper.

*Add a whole garlic clove and $\frac{1}{2}$ teaspoon of Tabasco to a bottle of low calorie Italian or French salad dressing and let it stand overnight before marinating the roast beef and sliced raw mushrooms in it. This treatment improves the flavor of any purchased oil and vinegar dressing. Leave the garlic clove in the bottle until you reach the bottom, but be sure it doesn't slip into your salad when you're not looking.

GAZPACHO

- $\frac{1}{2}$ cup finely chopped peeled tomato
- $\frac{1}{4}$ cup finely chopped green pepper
- $\frac{1}{4}$ cup peeled, finely chopped cucumber
- 2 tablespoons finely chopped onion
- 1 teaspoon snipped parsley
- 1 teaspoon snipped chives
- $\frac{1}{2}$ teaspoon garlic puree
- $1\frac{1}{2}$ tablespoons tarragon wine vinegar
- $1\frac{1}{2}$ tablespoons olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon Tabasco pepper sauce
- 2 cups tomato juice

Combine all ingredients, cover and chill. Enough for 3-4 lunches and keeps beautifully in the refrigerator. Be sure the vegetables are small enough for your Thermos . . . a wide mouthed Thermos is perfect.

Menu

MARINATED ROAST BEEF &
RAW MUSHROOMS*

SKINNY DEVILED EGG

WHOLE FRESH TOMATO

LIGHT BURGUNDY

GAMAY

GAZPACHO

MELBA TOAST

FRESH FRUIT

ANJOU ROSÉ

GEWURTZTRAMINER



Noon...



Unconscious Lunches

for mesmerized sportsfans. Hearty drinks and substantial meals for before, during and after gametime . . . whether you have season tickets and go to the crowd, or have a color TV and the crowd comes to you.

Menu

DEVILED DRUMSTICKS

POTATO SALAD*

THREE BEAN SALAD*

FRESH FRUIT

CHEESE AND CRACKERS

BEER



HALFTIME HOT DOGS

RAW VEGETABLES & DIP*

BEER



DEVILED DRUMSTICKS

- 3 teaspoons bottled steak sauce
- Butter
- 2 teaspoons dry mustard
- 1 teaspoon curry powder
- $\frac{1}{8}$ teaspoon Tabasco pepper sauce
- 8 cooked chicken drumsticks

Make a paste of the steak sauce, 2 teaspoons butter, mustard, curry and Tabasco. Cut lengthwise slits in the cooked drumsticks down to the bone, forming a pocket into which you can now stuff the paste. Heat the drumsticks in plenty of butter to let the flavors blend.

*Your local delicatessen will happily prepare their potato salad and Three Bean Salad while you scan the sports pages.

HALFTIME HOT DOGS

- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{4}$ cup chopped celery
- 2 tablespoons bacon fat
- $\frac{1}{3}$ cup Madeira
- 2 teaspoons Dijon mustard
- 1 tablespoon Worcestershire
- $\frac{1}{2}$ cup chili sauce
- 1 tablespoon brown sugar
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- 8 hot dogs, 8 buns

Sauté onions and celery in fat until glossy. Add remaining sauce ingredients and simmer 5 minutes. Prick the skins of the hot dogs and put them in the sauce. Cover and simmer 15 minutes; split, butter and warm the buns. Serve a hot dog in each bun topped with sauce.

*Crisp zucchini, turnips, green pepper are unusual and good. Make dip in an instant: combine sour cream with a packaged dip or dressing mix.



Dinners That Say "I Care."

When it comes to romance, dinners can't hold a candle to diners. Nevertheless, here are a few special treats that will help carry your hushed message across the table.

SEDUCTIVE SHRIMP & CRAB

- $\frac{1}{2}$ pound crab meat
- $\frac{1}{4}$ pound lobster meat
- $\frac{3}{4}$ cup sour cream
- 1 teaspoon fresh chopped dill, tarragon or parsley
- Salt
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce

Arrange the seafood in a shallow buttered casserole. Mix the sour cream with the herbs and seasonings and pour over. Bake at 375° for 10 minutes. You may sprinkle the casserole with grated cheese or buttered bread crumbs before baking if you like a crusty top. Serves 2.

*Top the canned chilled consomme with sour cream.

SPINACH SALAD

- 1 pound raw spinach, washed and dried
- 1 hard-cooked egg, sieved

DRESSING:

- $\frac{1}{3}$ cup red wine vinegar
- 1 clove garlic, mashed
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- Pinch dry mustard
- 1 cup olive oil

Combine all dressing ingredients and shake well. Coat (don't drown) the spinach leaves; toss and garnish with the egg. Keep this dressing on call in the refrigerator for any tossed green salad. Just be sure to take it out in time for the oil to come to room temperature and then shake it well.

*Sprinkle strawberries with powdered sugar and drizzle with Kirsch, a few hours before dinner.

Menu

JELLIED CONSOMME MADRILENE*

SEDUCTIVE SHRIMP & CRAB

BROILED TOMATOES

CRIOSSANTS

GRAVES (WHITE)

SAUVIGNON BLANC



CHILLED CANNED VICHYSOISE

VEAL SCALLOPINI (P. 19)

SPINACH SALAD

CHEESE POPOVERS (P. 12)

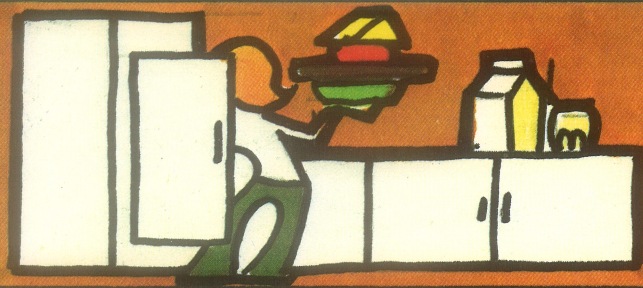
STRAWBERRIES WITH KIRSCH*

VALPOLICELLI

GRIGNOLINO



Night...



Dinners That Squeak By

Everybody feels free to snoop in a bachelor's refrigerator; so, everybody knows what's always inside. Here, for those hard-day, dining-in nights, are some happy combinations of old standbys.

Menu

SECOND DAY SOUP

MEATLOAF
BAKED POTATO
COFFEE BROWNIES*
BURGUNDY
PINOT NOIR

COLD SLICED CORNED BEEF
COLE SLAW

CHEESE POPOVERS

MANDARIN ORANGES WITH GRAND
MARNIER & SLIVERED ALMONDS
BEER

SECOND DAY SOUP

If you have 2 cups of leftover green salad and an adventurous but sometime parsimonious spirit, sauté a sliced peeled potato in 3 tablespoons of butter. When the potatoes are golden, add 2 cans of chicken broth and cook 15 minutes. Add the salad remains (don't drain the dressing) and your favorite herb (dill, basil, oregano, rosemary) and simmer for another 10 minutes or until the potatoes are tender. Pour the whole thing into your blender and whirl for a couple of minutes. Like nothing else you've ever tasted!

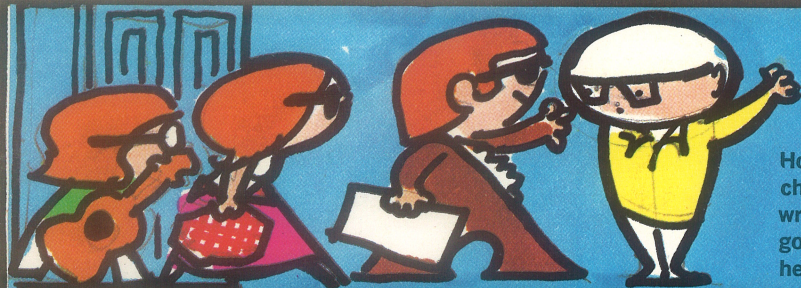
*Make brownies from a mix, substituting 3 tablespoons of Kahlua for the 3 of the liquid called for. Add ½ cup chopped nuts and bake as directed.

CHEESE POPOVERS

2 eggs
1 cup milk
1 cup sifted flour
¼ teaspoon salt
¼ teaspoon Tabasco pepper sauce
¼ cup grated sharp Cheddar cheese

Allow at least 15 minutes to pre-heat your oven to 425°. It does take that long. Grease 6 custard cups or an iron popover pan and place in the oven. Now, beat the eggs slightly and add milk. Add flour, salt and Tabasco and beat vigorously for 2 minutes. Add cheese and pour the batter into the 6 hot cups, filling two-thirds full. Bake at 425° for about 40 minutes. Don't peek.





Dinners That Can Stand And Wait

Houseguests can turn you into a combined chef — social director — concierge — nervous wreck. Be prepared. Plan meals that make good leftover snacking . . . and that can be held for late, late arrivals.

CHILI CON CARNE

- 2 large onions, chopped
- 4 tablespoons bacon fat
- 3 pounds top round, finely chopped
- 2 teaspoons salt
- 1 1-lb, 12-oz can stewed tomatoes
- 1 can black bean soup
- 1½ tablespoons chili powder
- ¼ teaspoon Tabasco pepper sauce
- 2 cups canned chili beans

Sauté onions in fat until golden. Season meat with salt and add to the pan. Brown the meat and add tomatoes, soup, chili and Tabasco. When ready to serve, add beans and heat through. This actually improves if left to its devices overnight and freezes well, too. Serves 6-8.

*Put tomato wedges in bottom of salad bowl to marinate in the dressing, lift the greens so they will stay crisp until you're ready to toss it all together.

RICE-ZUCCHINI CASSEROLE

- 2 pounds zucchini
- 1 cup cooked rice
- 1 cup shredded Cheddar cheese
- ½ cup minced green onions
- ⅓ cup chopped parsley
- ⅓ cup olive oil or butter
- 3 eggs, slightly beaten
- ¼ teaspoon Tabasco pepper sauce
- ¼ teaspoon rosemary

Cook whole zucchini in salted water until just tender; drain. Chop fine and drain again. In a large buttered casserole mix all of the ingredients. Season to taste with salt and bake at 350° for about 40 minutes. Serves 8.

*To make Black Beauties, whirl 4 cups of chocolate ice cream in a blender with ½ cup creme de cacao until smooth. Pour into 8 chilled glasses; top with whipped cream and chopped nuts.

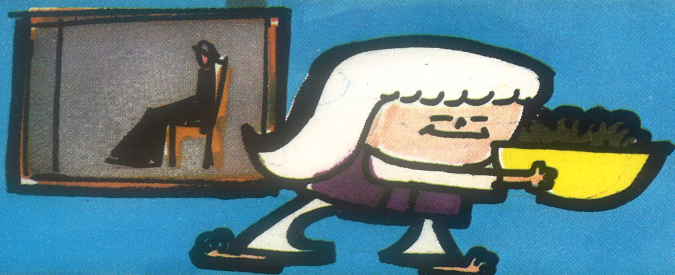
Menu

CHILI CON CARNE
CORN-ON-THE-COB
TOSSED GREEN SALAD*
FRESH CANTALOUPE HALVES
FILLED WITH RASPBERRIES
BEER

BAKED HAM
RICE-ZUCCHINI CASSEROLE
BROILED TOMATOES
BLACK BEAUTIES*
SEMILLON
PINOT BLANC



Night...



Dinners That Would Make Your Mother Proud

"Duty night" includes washing, bill paying, letter writing, and assorted other necessities. Go whole hog. Concentrate on eating high-nutrition foods. If spinach is good enough for Popeye, it's good enough for you.

Menu

LIVER & ONIONS
SPINACH PUDDING
BRIE & AN APPLE
BEAUJOLAIS
GAMAY

•
STRAPPING SOUP
BLACK BREAD & BUTTER
CHOCOLATE MALTED PUDDING*
CHIANTI
ZINFANDEL



SPINACH PUDDING

- 1 10-oz. package frozen chopped spinach
- 1 cup cottage cheese, drained
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- $\frac{1}{4}$ cup grated Parmesan cheese
- 1 egg, slightly beaten

Cook and drain spinach. Combine all the ingredients and pour into a small well-greased casserole. Bake at 350° for about 20 minutes. Serves 2—you and your dog. It's good for him, too.

STRAPPING SOUP

- $\frac{1}{2}$ pound ground round
- 1 tablespoon oil
- 1 teaspoon instant minced onion
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ package dry vegetable soup mix
- $\frac{1}{2}$ can red kidney beans
- $\frac{3}{4}$ cup tomato juice
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce

Sauté meat in oil until brown, breaking it into chunks. Stir in onion and add water. Heat to boiling and add soup mix. Cover and cook for 10 minutes. Stir in beans, tomato juice and Tabasco. Heat slowly to boiling. Just the right amount for you on a hungry night.

*Add 1 or 2 tablespoons chocolate malted milk powder to a package of instant chocolate pudding. Use milk for the liquid and follow the package directions.



Dinners You're Surprised To Be Giving

So the boss is coming to dinner, and you can't remember meaning to ask him. Maybe he's considering a promotion . . . or just wants to "batch it." Be ingenious with everyday foods and keep what you splurged on out of sight.

BLACK TIE HAMBURGERS

- 1 pound ground round
- 3 tablespoons chili sauce
- 1 teaspoon Worcestershire
- 1/4 teaspoon Tabasco pepper sauce
- 1 tablespoon instant minced onion
- 1 teaspoon prepared mustard
- 1 teaspoon horseradish
- 1/4 cup breadcrumbs
- 1/4 teaspoon garlic puree
- 1/4 teaspoon mace
- 1/4 cup dry red wine

Combine all the ingredients, season with salt and shape into patties. Broil for 3 minutes on each side for rare, longer for more done.

*Peel the eggplant and slice it into spears, dust with flour, then dip into beaten egg. Coat with breadcrumbs and fry in plenty of olive oil or butter.

EXECUTIVE BEANS

- 2 16-oz. and 1 8-oz. cans pork and beans
- 1 cup dry white wine
- 1/2 cup dark brown sugar
- 1/2 cup orange or apple blossom honey
- 1 1/2 teaspoons powdered bay leaf
- 2 teaspoons ground pepper
- 1/4 teaspoon Tabasco pepper sauce

Put all the ingredients in a pot and simmer for several hours until the beans have returned to their original consistency. Any leftovers are delicious.

*Cheese cornbread can be made from a packaged mix with the addition of 1/2 cup of grated sharp Cheddar cheese to give it spunk.

Menu

GAZPACHO (P. 9)

BLACK TIE HAMBURGERS

FRIED EGGPLANT*

GREEN GRAPES WITH SOUR

CREAM AND BROWN SUGAR

CLARET

CABERNET SAUVIGNON



EXECUTIVE BEANS

CHEESE CORNBREAD*

TOSSED GREEN SALAD

PINEAPPLE WITH

CREME DE MENTHE

DRY WHITE WINE



Night...



SALAMI TRIANGLES

- 8 ounces cream cheese
- 2 tablespoons prepared horseradish
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- 36 slices hard salami

Blend the cream cheese with the horseradish and the Tabasco. Spread 12 slices of salami with the cheese mixture, top with another slice of salami, more cheese, and a third slice of salami. Cut each sandwich into quarters and spear each with a toothpick.

ARTICHOKE CAKES

- 2 jars marinated artichoke hearts
- 1 bunch green onions
- 1 clove garlic, mashed
- 1 cup grated Cheddar cheese
- $\frac{1}{2}$ teaspoon Worcestershire
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- 4 eggs, well beaten
- $\frac{1}{2}$ cup crumbled soda crackers
- Minced parsley

Drain the artichoke hearts, reserving the oil. Pour 3 tablespoons of the oil in a pan and sauté the onions. Chop the artichoke hearts and add to them the cheese, Worcestershire, Tabasco and eggs. Add onions and garlic and put into a greased square cake pan. Sprinkle with the crumbled crackers and some minced parsley. Bake for 35-40 minutes at 325°. Chill for several hours before cutting into small squares and serving.

STUFFED EGGS WITH DEVILED CRAB

- 12 hard-cooked eggs
- $\frac{1}{2}$ cup boned, flaked crab meat
- 2 teaspoons grated Parmesan cheese
- 3 tablespoons butter
- 2 tablespoons mayonnaise
- 1 teaspoon Worcestershire
- 2 tablespoons minced chives
- 2 tablespoons minced parsley
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- Salt

Halve the hard-cooked eggs and mash the yolks. Add the remaining ingredients and salt to taste. Blend well and spoon into the egg white halves.

Dinners For A Maxi Crowd In A Mini Room

"How to" feed 20-30 people dinner in little bitty pieces at a time while they stand up and drink and smoke and talk and laugh all at once . . . or, six delicious hors d'oeuvres for a great cocktail party.

BARBEQUE BITES

An impressive and practical miniature barbeque can be improvised out of a small head of cabbage (red or green, depending on your decor). Cut off the bottom so that it sits firmly on a plate and hollow out a space in the top to hold a small container of canned heat. You can create a porcupine-like effect by studding the cabbage with cocktail franks, meatballs, shrimp, or whatever strikes your fancy. Let your guests grill their own on your ingenious barbeque and provide them with this sauce for dunking: Combine $\frac{3}{4}$ cup catsup, $\frac{1}{4}$ cup chili sauce, 2 tablespoons prepared horseradish, 2 tablespoons lemon juice, 1 teaspoon Worcestershire and $\frac{1}{4}$ teaspoon Tabasco pepper sauce and serve.

CORNY BEEF CANAPES

- 1 $\frac{1}{2}$ cups grated sharp Cheddar cheese
- 1 12-oz. can corned beef
- 1 tablespoon prepared mustard
- 1 tablespoon Worcestershire
- $\frac{1}{2}$ teaspoon Tabasco pepper sauce
- $\frac{1}{2}$ teaspoon garlic puree
- 1 small onion, chopped
- Mayonnaise
- Cocktail rye rounds

Mix all the ingredients, except the bread, with enough mayonnaise to moisten thoroughly. Spread on the rye rounds and broil until the cheese melts.

CHEESE COOKIES

- 2 cups grated Cheddar cheese
- 1 cup butter
- 2 cups flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce

Cream the cheese and butter together. Add flour, salt and Tabasco and mix until well blended. Form dough into long rolls about an inch in diameter. Chill until dough is firm and slice into thin rounds. Bake at 350° for 12-15 minutes. Makes about 8 dozen cookies.



Dinners Your Life May Depend On

If you're going to that cocktail party, better eat a fast and easy little dinner, first. Chances are slim, but you may not like any of what they serve.

Menu

WELSH RABBIT
STRING BEAN SALAD*
BEER

CHICKEN LIVER SAUTÉ
HALVED AVOCADO WITH
MANDARIN ORANGES
SOAVE
CHENIN BLANC



WELSH RABBIT

- 1 tablespoon butter
- 2 cups grated Cheddar cheese
- $\frac{1}{2}$ cup stale ale or beer
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- Toasted English Muffins

Melt the butter in a chafing dish over hot water. Toss in the cheese and stir continuously until it begins to melt. Now add the ale, dry mustard and Tabasco. Stir until smooth and hot and pour over the hot muffins.

*Sprinkle finely chopped onions over canned string beans and marinate in oil and vinegar dressing. Serve on a bed of lettuce.

CHICKEN LIVER SAUTÉ

- $\frac{1}{4}$ pound chicken livers
- 2 tablespoons chopped onion
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon your favorite herb
- $\frac{1}{4}$ teaspoon Tabasco pepper sauce
- Salt

Sauté the livers and onions in the butter. Add the seasonings and serve on hot buttered toast. Serves 1.

Night... 



Dinners That Greet The Dawn

When you rashly invite your friends to join you for a little something after the theater, make it at your place . . . dust off your Noel Coward records and be prepared to accept their compliments graciously.

QUITE A QUICHE

- 9" pastry shell, baked and cooled
- 3 slices provolone cheese
- 1/2 cup grated Swiss cheese
- 3 tablespoons onion soup mix
- 3 eggs and 1 egg yolk
- 2 cups light cream
- 1 teaspoon salt
- 1/4 teaspoon Tabasco pepper sauce
- 1 teaspoon butter

Line the bottom of the pie shell with provolone. Mix together Swiss cheese and soup mix and sprinkle on top. Beat together eggs, egg yolk, cream and seasonings and pour into the shell. Brown the butter and pour on top. Bake at 375° for 25-30 minutes. Serves 6.

*Sauté halved bananas in plenty of butter, sprinkle with brown sugar and flame them with warmed rum.

VEAL SCALLOPINI

Your veal should be pounded until it looks like a third-rate boxer. Then give it a light dusting of flour, sauté for mere moments in tons of butter and at the last instant squirt it with lemon juice and toss in a bit of minced parsley.

*Marinate cooked broccoli spears in a dressing of olive oil, lemon juice, salt and Tabasco.

*Place a fresh peach in the bottom of each champagne glass and fill with champagne. Drink the bubbly during dinner and then eat the peach for dessert.

Menu

QUITE A QUICHE
SPINACH SALAD (P. 11)
BANANAS FLAMBÉ*
EXTRA DRY CHAMPAGNE

•
VEAL SCALLOPINI
MARINATED BROCCOLI*
FRESH PEACHES IN CHAMPAGNE*
EXTRA DRY CHAMPAGNE



... Night...



Dinners That Celebrate Your Lifestyle

Forget the Identity Crisis. Be yourself and treat yourself to a gourmet meal on one of those nights when you find solitude all peaceful and quiet inside . . . and enjoy being a bachelor.

Menu

STEAK TARTAR
WATERCRESS & RAW MUSHROOMS
FRENCH BREAD
LEMON ICE
RED BURGUNDY
PINOT NOIR

•

SPAGHETTI WITH FOIE
GRAS SAUCE
TOSSED GREEN SALAD
ITALIAN BREAD
GORGONZOLA AND A PEAR
BARDELINO
BARBERA

STEAK TARTAR

$\frac{1}{2}$ pound ground raw sirloin or filet steak
1 egg
1 teaspoon salt
1 teaspoon pepper
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon thyme
1 teaspoon Worcestershire
 $\frac{1}{2}$ teaspoon Tabasco pepper sauce
1 teaspoon soy sauce
1 tablespoon minced parsley
2 tablespoons minced onions

Mix all of the ingredients together and mound on a bed of fresh lettuce.

SPAGHETTI WITH FOIE GRAS SAUCE

2 tablespoons butter
8 large mushrooms, sliced
4 ounces foie gras
 $\frac{1}{2}$ pound spaghetti, cooked and drained

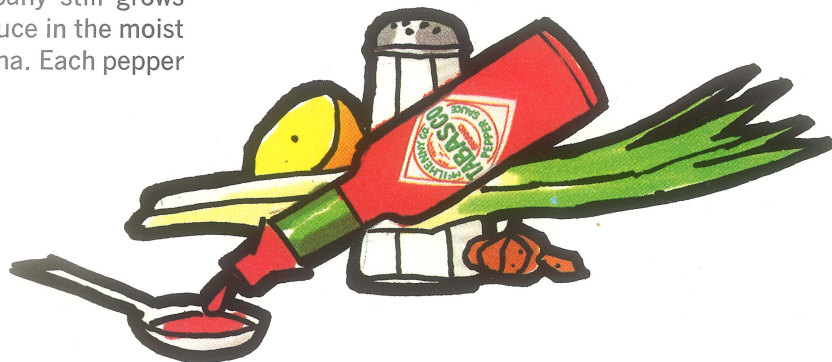
Melt the butter in a skillet and sauté the mushrooms until soft. Add the foie gras and mash and stir it until it combines with the butter. If the sauce seems too thick, add a bit of cream. Pour over the spaghetti and mix thoroughly. Serves one very hungry gourmet.

Singles of either sex can usually be lured into the kitchen for only two reasons—to keep themselves from starvation or to convince their friends that they are better cooks than they really are. In either case the best ally a novice (or expert) single cook can have is a bottle of Tabasco brand pepper sauce tucked away on the kitchen shelf. Its pleasantly pungent aroma and tangy piquant flavor perk up the taste of both everyday dishes and gourmet recipes.

The concentrated aroma and flavor of Tabasco is a result of a careful time-consuming process with a hundred-year heritage. The McIlhenny Company still grows the peppers for Tabasco sauce in the moist soil of Avery Island, Louisiana. Each pepper

is individually selected and picked by hand to assure highest quality. The peppers are then placed in oaken casks and are allowed to ferment for three years in a process similar to the one vintners use in making fine wines.

While there are other pepper sauces available that cost less, none has the unique flavor and aroma of Tabasco. So look for the familiar bottle with the green neckband and the white diamond label with the trademark Tabasco—it's the genuine article.





TABASCO® *made from selected ripe peppers*